



CHICKEN TORTILLA SOUP

November 12

National Chicken Soup for the Soul Day

INGREDIENTS

- 4 Cups Chicken Stock
- 20 Ounces of Shredded Chicken (from a rotisserie chicken)
- 19 Ounce Can Red Enchilada Sauce
- 14 Ounce Can Fire Roasted Tomatoes (diced)
- 14 Ounce Can Sweet Corn (drained)

DIRECTIONS

1. Place all ingredients into a large soup pot and bring to a boil.
2. Simmer for 15 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

12 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1 Cup	1¼ Cups	1¼ Cups